

TAE KWON DO

Tae Kwon Do is an outstanding method for developing physical and mental health. Statistics show that true practitioners of the martial arts have a higher potential of accomplishment, greater self-esteem, self-confidence and a more keen ability to deal with stresses of everyday life.

TAE KWON DO I/YOUTH BEGINNING

| Activity # | Site | Day | Time | Date | Fee | NR Fee |
|--------------|------------|-----|-----------------|------------|------|--------|
| APRIL | | | | | | |
| | Sherwood | Tu | 5:00pm - 6:00pm | 4/1 - 4/29 | \$20 | \$30 |
| | Tarrallton | W | 6:00pm - 7:00pm | 4/2 - 4/30 | \$20 | \$30 |
| | Bayview | Th | 6:00pm - 7:00pm | 4/3 - 4/24 | \$20 | \$30 |
| | Fairlawn | F | 5:00pm - 6:00pm | 4/4 - 4/25 | \$20 | \$30 |

| | | | | | | |
|------------|------------|----|-----------------|------------|------|------|
| MAY | | | | | | |
| | Sherwood | Tu | 5:00pm - 6:00pm | 5/6 - 5/27 | \$20 | \$30 |
| | Tarrallton | W | 6:00pm - 7:00pm | 5/7 - 5/28 | \$20 | \$30 |
| | Bayview | Th | 6:00pm - 7:00pm | 5/1 - 5/29 | \$20 | \$30 |
| | Fairlawn | F | 5:00pm - 6:00pm | 5/2 - 5/30 | \$20 | \$30 |

| | | | | | | |
|-------------|------------|----|-----------------|------------|------|------|
| JUNE | | | | | | |
| | Sherwood | Tu | 5:00pm - 6:00pm | 6/3 - 6/24 | \$20 | \$30 |
| | Tarrallton | W | 6:00pm - 7:00pm | 6/4 - 6/25 | \$20 | \$30 |
| | Bayview | Th | 6:00pm - 7:00pm | 6/5 - 6/26 | \$20 | \$30 |
| | Fairlawn | F | 5:00pm - 6:00pm | 6/6 - 6/27 | \$20 | \$30 |

| | | | | | | |
|-------------|------------|----|-----------------|-------------|------|------|
| JULY | | | | | | |
| | Sherwood | Tu | 5:00pm - 6:00pm | 7/1 - 7/29 | \$20 | \$30 |
| | Tarrallton | W | 6:00pm - 7:00pm | 7/2 - 7/30 | \$20 | \$30 |
| | Bayview | Th | 6:00pm - 7:00pm | 7/3 - 7/31 | \$20 | \$30 |
| | Fairlawn | F | 5:00pm - 6:00pm | 7/11 - 7/25 | \$20 | \$30 |

| | | | | | | |
|---------------|------------|----|-----------------|------------|------|------|
| AUGUST | | | | | | |
| | Sherwood | Tu | 5:00pm - 6:00pm | 8/5 - 8/26 | \$20 | \$30 |
| | Tarrallton | W | 6:00pm - 7:00pm | 8/6 - 8/27 | \$20 | \$30 |
| | Bayview | Th | 6:00pm - 7:00pm | 8/7 - 8/28 | \$20 | \$30 |
| | Fairlawn | F | 5:00pm - 6:00pm | 8/1 - 8/29 | \$20 | \$30 |

TAE KWON DO II/YOUTH INTERMEDIATE

| Activity # | Site | Day | Time | Date | Fee | NR Fee |
|--------------|------------|-----|-----------------|------------|------|--------|
| APRIL | | | | | | |
| | Sherwood | Tu | 6:00pm - 7:00pm | 4/1 - 4/29 | \$35 | \$45 |
| | Tarrallton | W | 7:00pm - 8:00pm | 4/2 - 4/30 | \$35 | \$45 |
| | Bayview | Th | 7:00pm - 8:00pm | 4/3 - 4/24 | \$35 | \$45 |
| | Fairlawn | F | 6:00pm - 7:00pm | 4/4 - 4/25 | \$35 | \$45 |

MAY

| | | | | | | |
|--|------------|----|-----------------|------------|------|------|
| | Sherwood | Tu | 6:00pm - 7:00pm | 5/6 - 5/27 | \$35 | \$45 |
| | Tarrallton | W | 7:00pm - 8:00pm | 5/7 - 5/28 | \$35 | \$45 |
| | Bayview | Th | 7:00pm - 8:00pm | 5/1 - 5/29 | \$35 | \$45 |
| | Fairlawn | F | 6:00pm - 7:00pm | 5/2 - 5/30 | \$35 | \$45 |

JUNE

| | | | | | | |
|--|------------|----|-----------------|------------|------|------|
| | Sherwood | Tu | 6:00pm - 7:00pm | 6/3 - 6/24 | \$35 | \$45 |
| | Tarrallton | W | 7:00pm - 8:00pm | 6/4 - 6/25 | \$35 | \$45 |
| | Bayview | Th | 7:00pm - 8:00pm | 6/5 - 6/26 | \$35 | \$45 |
| | Fairlawn | F | 6:00pm - 7:00pm | 6/6 - 6/27 | \$35 | \$45 |

JULY

| | | | | | | |
|--|------------|----|-----------------|-------------|------|------|
| | Sherwood | Tu | 6:00pm - 7:00pm | 7/1 - 7/29 | \$35 | \$45 |
| | Tarrallton | W | 7:00pm - 8:00pm | 7/2 - 7/30 | \$35 | \$45 |
| | Bayview | Th | 7:00pm - 8:00pm | 7/3 - 7/31 | \$35 | \$45 |
| | Fairlawn | F | 6:00pm - 7:00pm | 7/11 - 7/25 | \$35 | \$45 |

AUGUST

| | | | | | | |
|--|------------|----|-----------------|------------|------|------|
| | Sherwood | Tu | 6:00pm - 7:00pm | 8/5 - 8/26 | \$35 | \$45 |
| | Tarrallton | W | 7:00pm - 8:00pm | 8/6 - 8/27 | \$35 | \$45 |
| | Bayview | Th | 7:00pm - 8:00pm | 8/7 - 8/28 | \$35 | \$45 |
| | Fairlawn | F | 6:00pm - 7:00pm | 8/1 - 8/29 | \$35 | \$45 |

TAE KWON DO III/YOUTH ADVANCED

| Activity # | Site | Day | Time | Date | Fee | NR Fee |
|--------------|------------|-----|-----------------|------------|------|--------|
| APRIL | | | | | | |
| | Sherwood | Tu | 7:00pm - 8:00pm | 4/1 - 4/29 | \$50 | \$60 |
| | Tarrallton | W | 7:00pm - 8:00pm | 4/2 - 4/30 | \$50 | \$60 |
| | Bayview | Th | 7:00pm - 8:00pm | 4/3 - 4/24 | \$50 | \$60 |
| | Fairlawn | F | 7:00pm - 8:00pm | 4/4 - 4/25 | \$50 | \$60 |

MAY

| | | | | | | |
|--|------------|----|-----------------|------------|------|------|
| | Sherwood | Tu | 7:00pm - 8:00pm | 5/6 - 5/27 | \$50 | \$60 |
| | Tarrallton | W | 7:00pm - 8:00pm | 5/7 - 5/28 | \$50 | \$60 |
| | Bayview | Th | 7:00pm - 8:00pm | 5/1 - 5/29 | \$50 | \$60 |
| | Fairlawn | F | 7:00pm - 8:00pm | 5/2 - 5/30 | \$50 | \$60 |

JUNE

| | | | | | | |
|--|------------|----|-----------------|------------|------|------|
| | Sherwood | Tu | 7:00pm - 8:00pm | 6/3 - 6/24 | \$50 | \$60 |
| | Tarrallton | W | 7:00pm - 8:00pm | 6/4 - 6/25 | \$50 | \$60 |
| | Bayview | Th | 7:00pm - 8:00pm | 6/5 - 6/26 | \$50 | \$60 |
| | Fairlawn | F | 7:00pm - 8:00pm | 6/6 - 6/27 | \$50 | \$60 |

JULY

| | | | | | | |
|--|------------|----|-----------------|-------------|------|------|
| | Sherwood | Tu | 7:00pm - 8:00pm | 7/1 - 7/29 | \$50 | \$60 |
| | Tarrallton | W | 7:00pm - 8:00pm | 7/2 - 7/30 | \$50 | \$60 |
| | Bayview | Th | 7:00pm - 8:00pm | 7/3 - 7/31 | \$50 | \$60 |
| | Fairlawn | F | 7:00pm - 8:00pm | 7/11 - 7/25 | \$50 | \$60 |

AUGUST

| | | | | | | |
|--|------------|----|-----------------|------------|------|------|
| | Sherwood | Tu | 7:00pm - 8:00pm | 8/5 - 8/26 | \$50 | \$60 |
| | Tarrallton | W | 7:00pm - 8:00pm | 8/6 - 8/27 | \$50 | \$60 |
| | Bayview | Th | 7:00pm - 8:00pm | 8/7 - 8/28 | \$50 | \$60 |
| | Fairlawn | F | 7:00pm - 8:00pm | 8/1 - 8/29 | \$50 | \$60 |

ATHLETICS

TIDEWATER YOUTH GOLF ASSOCIATION-NORFOLK CHAPTER – SUMMER PROGRAM

This beginner golf program is designed to expose and teach youth the basics of golf, offering students instruction and practice on a golf course. Participants will learn techniques on putting, chipping, hitting short and long irons, driving, etiquette and golf course management. All participants will receive a free starter set of clubs, but must purchase own bag. Program is available for youths 6-14. Program is limited based on number of instructors available. Please call 441-5834/35 for more information.

| Site | Day | Time | Date | Fee | NR Fee |
|----------|-----|----------------|-----------|------|--------|
| Lakewood | T&R | 10:00am-1:00pm | 6/23-8/21 | Free | Free |

OCEAN VIEW GOLF COURSE

HOOK A KID ON GOLF CLINICS

Get your child playing golf, one of the fastest growing sports in the world. This program is designed to expose children to the game of golf. Basic golf instruction is taught at two levels: Tee Level (Beginner) and Green Level (Novice).

The Tee Level is a beginner class for youth ages 8-14 that is specifically designed for children that have never played golf.

The Green Level is designed for youth ages 8-14 that have had a previous introduction to the game. HAKOG is sponsored by NYSCA and the VSGA. Participants receive a set of clubs, bag and a HAKOG shirt. For more information, please call 441-5834/35.

* If participant has own set of clubs, fee is \$65.

TEE LEVEL

| Site | Day | Time | Date | Fee | NR Fee |
|------|-----|----------------|----------|-----|--------|
| OVGC | M-F | 9:00am-12:00pm | 7/28-8/1 | | *\$125 |

LAKEWRIGHT GC

GREEN LEVEL

| Site | Day | Time | Date | Fee | NR Fee |
|------|-----|----------------|---------|-----|--------|
| OVGC | M-F | 9:00am-12:00pm | 8/4-8/8 | | *\$125 |

TENNIS

TENNIS/BEGINNER

Learn the introductory fundamentals, such as groundstrokes, volleys and service. Ages 8 to 14.

| Activity # | Site | Day | Time | Date | Fee | NR Fee |
|------------|----------|-----|---------------|------------|------|--------|
| 3382-10 | Lakewood | Tu | 5:30pm-6:30pm | 3-25--5-13 | \$25 | \$35 |
| 3382-11 | Lakewood | Tu | 5:30pm-6:30pm | 6-17--7-29 | \$25 | \$35 |

TENNIS/ADVANCED BEGINNER

Students must know scoring system, be able to rally and serve consistently, execute the slice, forehand and backhand, hit forehand and backhand approach shots, and hit a slice serve. Ages 15 and up.

| Activity # | Site | Day | Time | Date | Fee | NR Fee |
|------------|----------|-----|---------------|-----------|------|--------|
| 3382-12 | Lakewood | Tu | 6:30pm-7:30pm | 3-25-5-13 | \$25 | \$35 |
| 3382-13 | Lakewood | Tu | 6:30pm-7:30pm | 6-17-7-13 | \$25 | \$35 |

ATHELTIC LEAGUE MEETINGS/ SPRING AND SUMMER 2003

Youth R.B.I. Baseball/Girls Softball Organizational Meeting

March 4, 2003

Sherwood Recreation Center, 6:30 p.m.

For more information call 441-5835.

Youth Football Organizational Meeting

July 8, 2003

Sherwood Recreation Center, 6:30 p.m.

For more information call 441-5835.